

You Can Quit Tobacco!

July

Location: Salvation Army Depot

Address: 408 J Street Marysville

Time: 10:30 to 11:30 a.m.

Dates: Tuesday, 7/11

Thursday, 7/13

Tuesday, 7/18

Thursday, 7/20 (Quit Day)

Tuesday, 7/25

Thursday, 7/27

** Registration available for Salvation Army Depot participants only*

September

Location: Yuba College

Address: 2088 N. Beale Road, Marysville

Time: 12:00 to 1:00 p.m.

Dates: Tuesday, 9/5

Thursday, 9/7

Tuesday, 9/12

Thursday, 9/14 (Quit Day)

Tuesday, 9/19

Thursday, 9/21

** Registration available for students, staff, and the general public*

October

Location: Yuba County Library

Address: 303 2nd Street, Marysville

Time: 4:00 to 5:00 p.m.

Dates: Tuesday 10/10

Thursday 10/12

Tuesday 10/17

Thursday 10/19 (Quit Day)

Tuesday 10/24

Thursday 10/26

** Registration available for the general public*

November

Location: Health and Human Services Department

Address: 5730 Packard Ave., Suite 100, Marysville

Time: 12:00 to 1:00 p.m.

Dates: Monday, 11/6

Wednesday, 11/8

Monday, 11/13

Wednesday, 11/15 (Quit Day)

Monday, 11/20

Wednesday, 11/22



2017 Cessation Class Schedule

Connecting To Quit



No-Cost Classes Available

**Yuba County Health and Human Services
Public Health Division**
5730 Packard Ave., Suite 100
Marysville, CA 95901
Phone: (530) 749-6366



Connecting To Quit



Connecting To Quit is a no-cost Tobacco Cessation Class offered through Yuba County Public Health's Tobacco Education Program.

Quit

Smoking ♦ Chewing ♦ Vaping
Make a plan that works for you!

For more information and/or registration call:
(530) 749-6366

Is your group or organization interested in hosting the "Connecting To Quit" class at your location? For availability and scheduling contact:
(530) 749-6366

Are you a Yuba College student, faculty, or staff? Do you want to quit in order to comply with the new tobacco-free campus policy but you don't see an offered class that you can attend? For information on additional classes contact:
(530) 741-6784

Connecting to Quit Schedule

January

Location: Health and Human Services Department

Address: 5730 Packard Ave., Suite 100, Marysville

Time: 12:00 to 1:00 p.m.

Dates: Tuesday, 1/10
Thursday, 1/12
Tuesday, 1/17
Thursday, 1/19 (Quit Day)
Tuesday, 1/24
Thursday, 1/26

February

Location: The Salvation Army Depot

Address: 408 J Street, Marysville

Time: 10:30 to 11:30 a.m.

Dates: Tuesday, 2/7
Thursday, 2/9
Tuesday, 2/14
Thursday, 2/16 (Quit Day)
Tuesday, 2/21
Thursday, 2/23

** Registration available for Salvation Army Depot participants only*

April

Location: Yuba College

Address: 2088 N. Beale Road, Marysville

Time: 12:00 to 1:00 p.m.

Dates: Tuesday, 4/4
Thursday, 4/6
Tuesday, 4/11
Thursday, 4/13 (Quit Day)
Tuesday, 4/18
Thursday, 4/20

** Registration available for students, staff, and the general public*

May

Location: Harmony Health

Address: 1908 N. Beale Road, Marysville

Time: 9:00 to 10:00 a.m.

Dates: Tuesday, 5/2
Thursday, 5/4
Tuesday, 5/9
Thursday, 5/11 (Quit Day)
Tuesday, 5/16
Thursday, 5/18

** Registration available for the general public*

Make a plan that works for you!